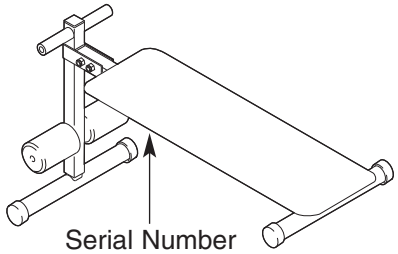
WEIDER®

184

Model: WEEMBE0525.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

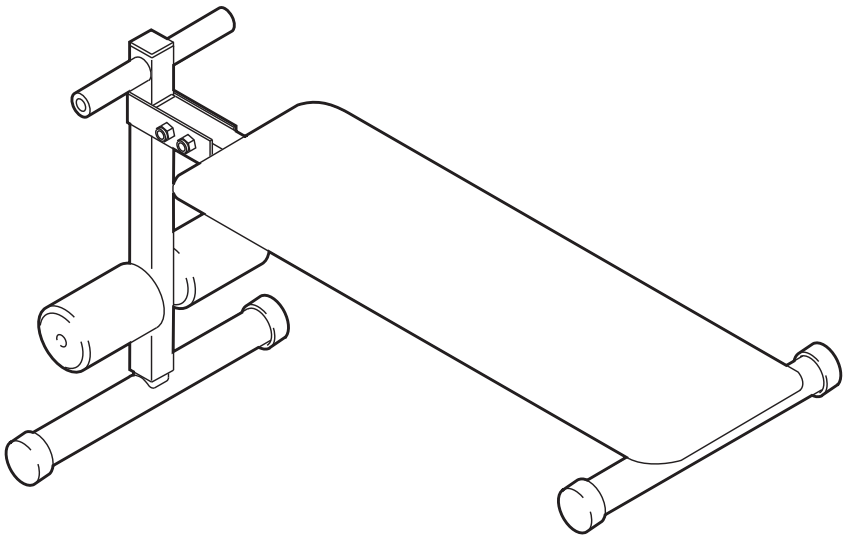
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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WEIDER®
184

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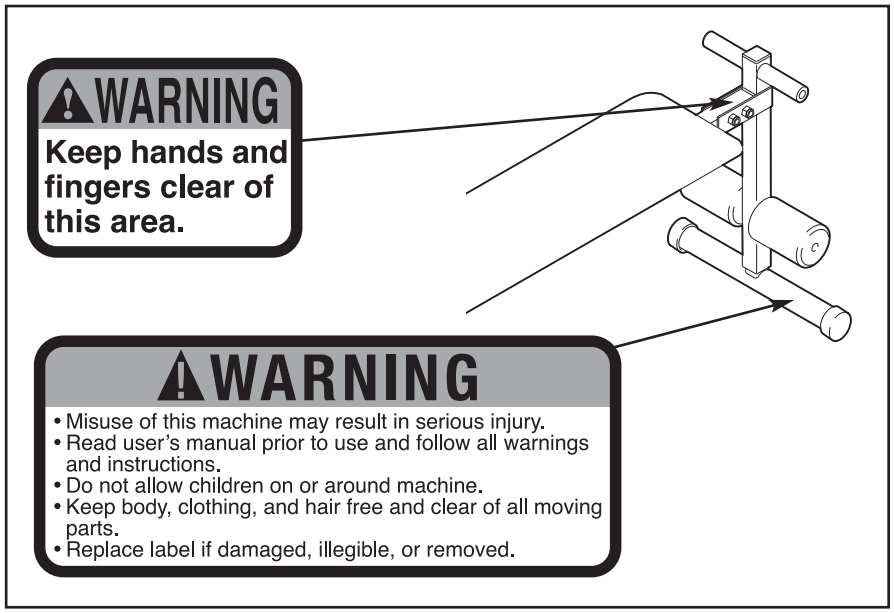
WARNING DECAL PLACEMENT

The decals shown here have been placed on the bench. If a decal is missing or illegible, please call the telephone number on the front cover of this manual and order a free replacement decal. Apply the replacement decal in the location shown.


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the bench.

1. **Read all instructions in this manual and all warnings on the bench before using the bench.**
2. **It is the responsibility of the owner to ensure that all users of the bench are adequately informed of all precautions.**
3. **The bench is intended for home use only. Do not use the bench in any commercial, rental, or institutional setting.**
4. **Keep the bench indoors, away from moisture and dust. Place the bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the bench to mount, dismount, and use the bench.**
5. **Keep children under 12 and pets away from the bench at all times.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection.**
9. **The bench is designed to support a maximum user weight of 186 kg (410 lbs.). The bench is not designed to be used with weights.**
10. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the innovative WEIDER® 184 bench. The WEIDER 184 bench is designed to help you develop your upper and lower abdominal muscles to give you a firm, flat stomach in only minutes a day.

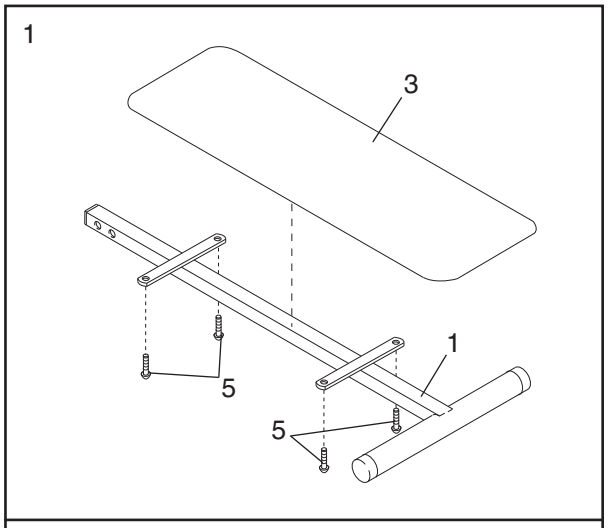
For your benefit, read this manual carefully before using the bench. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number is WEEMBE0525.0. The serial number can be found on a decal attached to the bench (see the front cover of this manual).

ASSEMBLY

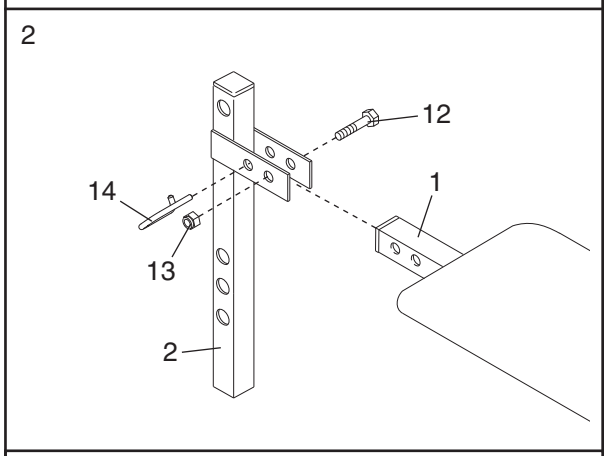
Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. Read each assembly step before you begin. During assembly, make sure that all parts are oriented as shown in the drawings. **A Phillips screwdriver (not included) and two spanners (not included) are required for assembly.**

1. **Before beginning assembly, make sure that you have read and understand the information above.**

   Attach the Backrest (3) to the Frame (1) with four M6 x 16mm Screws (5).

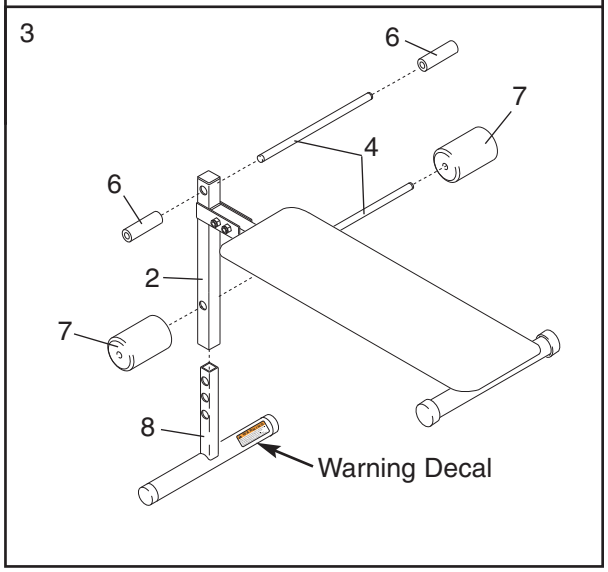


2. Attach the Leg (2) to the Frame (1) with an M10 x 57mm Bolt (12), an M10 Nylon Locknut (13), and the Adjustment Pin (14). **Do not overtighten the Nylon Locknut; the Leg should pivot freely. Make sure that the Adjustment Pin is rotated until the bent end is over the Frame.**



3. Insert a Pad Bar (4) into the upper hole in the Leg (2). Slide the two Small Foam Pads (6) onto the Pad Bar.

   Insert the Adjustment Foot (8) into the Leg (2) with the warning decal in the indicated position. Insert the remaining Pad Bar (4) into the lower hole in the Leg and the Adjustment Foot. Slide the two Large Foam Pads (7) onto the Pad Bar.

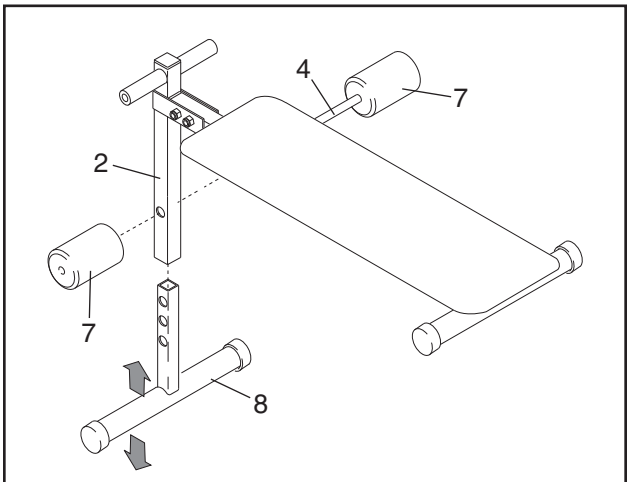


ADJUSTMENT

Make sure that all parts are properly tightened each time the bench is used. Replace any worn parts immediately. The bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

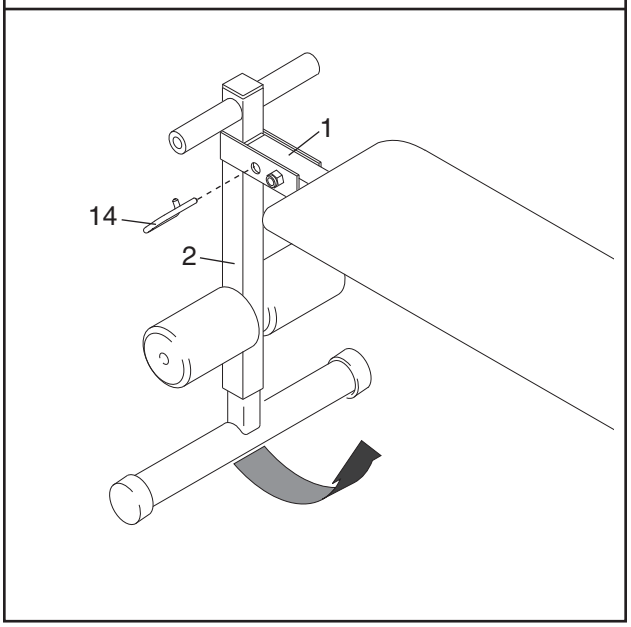
ADJUSTING THE ANGLE OF THE BENCH

To adjust the bench, first remove a Large Foam Pad (7) from the lower Pad Bar (4). Remove the Pad Bar from the Leg (2). **Adjust the Adjustment Foot (8) to the desired height and reinsert the Pad Bar into the Leg and the Adjustment Foot.** Then, slide the Large Foam Pad onto the Pad Bar.



FOLDING THE BENCH

To fold the bench, remove Adjustment Pin (14). Fold the Leg (2) in the indicated direction. **When the bench is in use, make sure the Adjustment Pin is fully inserted through the Leg and the Frame (1).**



EXERCISE GUIDELINES

The bench will help you shape your upper and lower abdominal muscles. Be careful not to overdo it during the first few weeks of your exercise program.

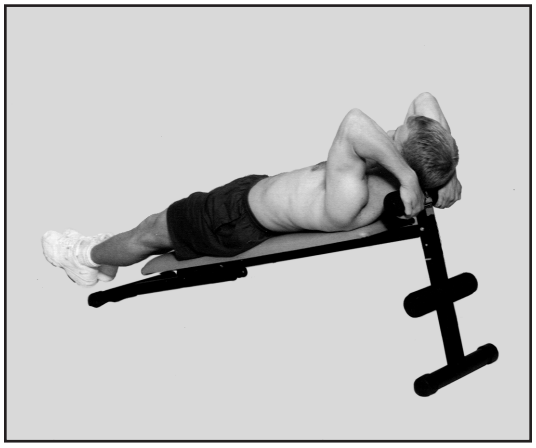
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

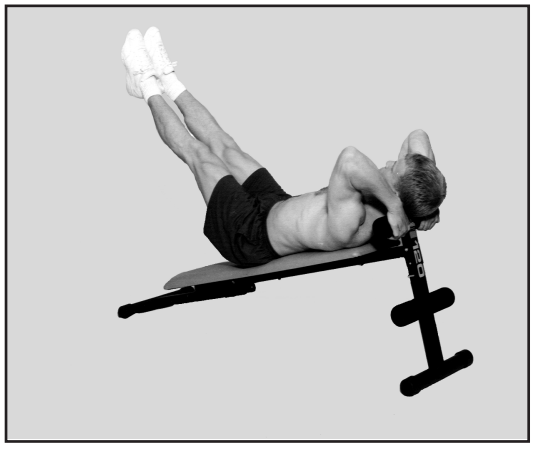
To get the most from your exercise, proper form is important. As you perform each repetition, use your abdominal muscles to pull yourself up, moving in a smooth continuous motion.

Always begin and end each workout with a few minutes of stretching. Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **If you feel faint, dizzy, or short of breath at any time during exercise, stop immediately and begin cooling down.**

LEG RAISES

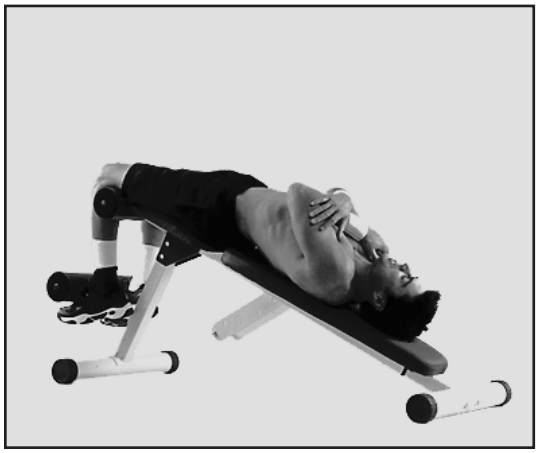
Lie on the bench, grasp the small foam pads, and extend your legs as shown. Lift your legs with a slow, steady motion—avoid rapid or jerky movements. Return to the starting position. Repeat.

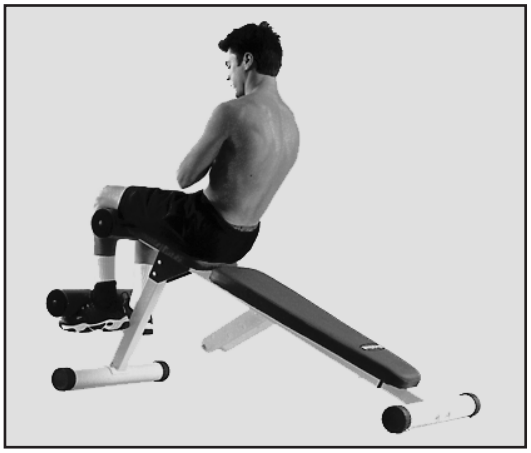




CRUNCHES

Lie on the bench and tuck your feet under the large foam pads as shown. Bend forward at the waist, keeping your back straight, and sit up as shown. Return to the starting position. Repeat.



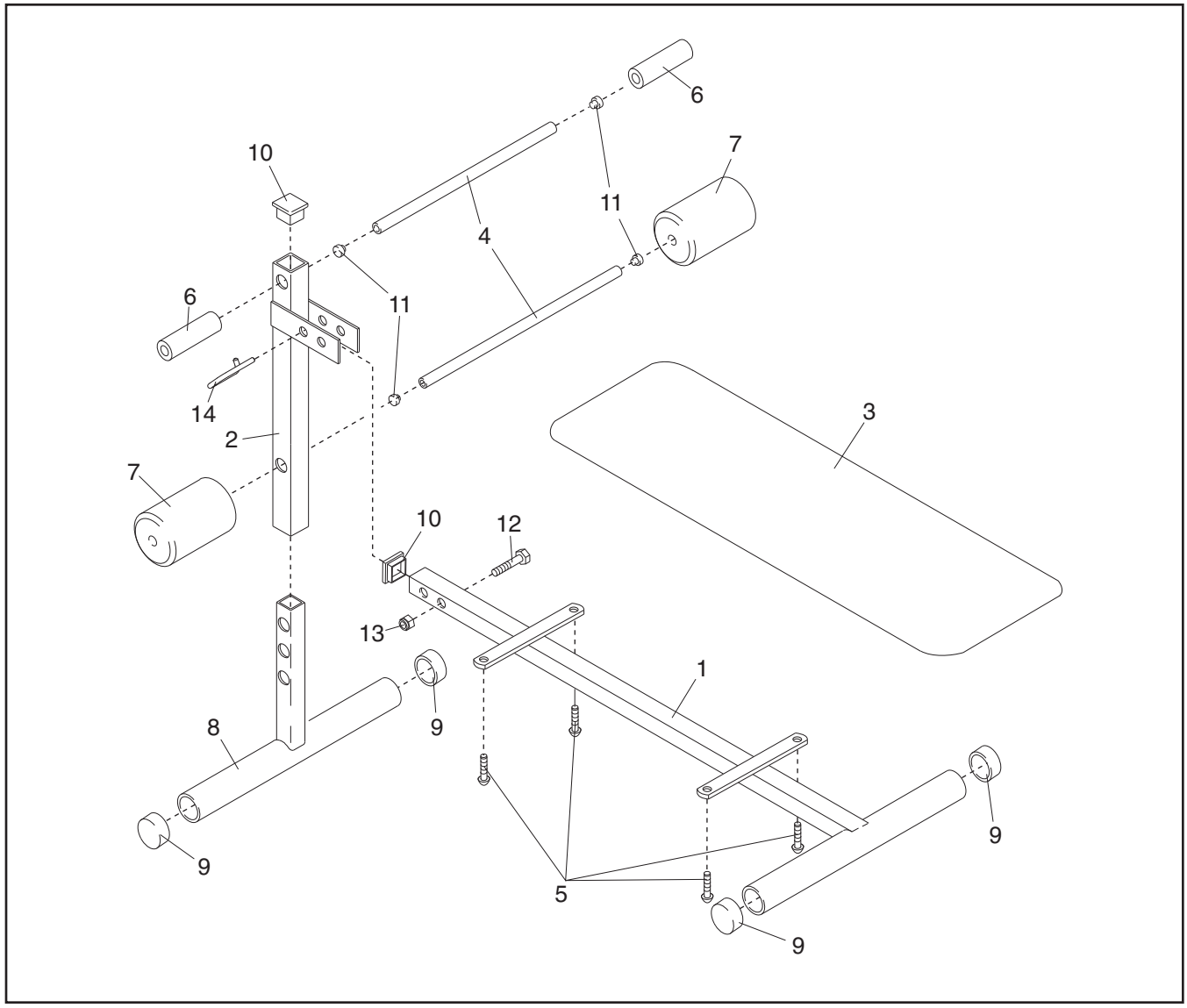


PART LIST AND EXPLODED DRAWING
Model No. WEEMBE0525.0

R0306A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	9	4	38mm Round Outer Cap
2	1	Leg	10	2	38mm Square Inner Cap
3	1	Backrest	11	4	19mm Round Inner Cap
4	2	Pad Bar	12	1	M10 x 57mm Bolt
5	4	M6 x 16mm Screw	13	1	M10 Nylon Locknut
6	2	Small Foam Pad	14	1	Adjustment Pin
7	2	Large Foam Pad	#	1	User's Manual
8	1	Adjustment Foot			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEMBE0525.0)
- the NAME of the product (WEIDER 184 bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 7 in this manual)

Part No. 233556 R0306A

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